

WHAT IS CLAIMED IS:

1. A composition suitable for use as a food or beverage comprising:
 - d) one or more flavanols;
 - e) one or more bracers;
 - f) vitamin B;

wherein the composition exhibits a Glycemic Index of about 55 or less.

2. A composition according to Claim 1 comprising green tea, wherein at least one of the bracers is caffeine.
3. A composition according to Claim 2 which is a beverage composition exhibiting a Glycemic Index of about 45 or less.
4. A composition according to Claim 3 wherein the beverage composition is a ready-to-drink beverage composition comprising at least about 50% total water, by weight of the composition.
5. A composition according to Claim 4 comprising less than about 2% of total free sugars selected from the group consisting of glucose, sucrose, maltose, and mixtures thereof.
6. A composition according to Claim 5 wherein at least one of the flavanols is a catechin.
7. A composition according to Claim 6 further comprising fructose.
8. A composition according to Claim 7 comprising:
 - a) from about 1 milligram to about 200 milligrams of the total flavanol per every 240 milliliters of the composition; and
 - b) from about 1 milligram to about 200 milligrams of the total bracer per every 240 milliliters of the composition.
9. A composition according to Claim 8 wherein the vitamin B comprises vitamin B₆.

10. A composition according to Claim 9 further comprising at least one member selected from the group consisting of complex carbohydrates, soluble fibers, and mixtures thereof.
11. A composition according to Claim 10 wherein the composition comprises from about 0.15 milligrams to about 1.5 milligrams of vitamin B₆, of the vitamin B₆ per every 240 milliliters of the composition.
12. A composition according to Claim 11 comprising from about 0.1% to about 10% of the total fructose, by weight of the composition.
13. A composition according to Claim 12 comprising:
 - a) from about 10 milligrams to about 150 milligrams of the total flavanol per every 240 milliliters of the composition;
 - b) from about 10 milligrams to about 100 milligrams of the total bracer per every 240 milliliters of the composition; and
 - c) from about 0.3 milligrams to about 0.9 milligram of the vitamin B₆ per every 240 milliliters of the composition

wherein the composition exhibits a Glycemic Index of about 35 or less.

14. A composition according to Claim 13 wherein the member is selected from the group consisting of maltodextrins, soluble fibers, and mixtures thereof.
15. A composition according to Claim 14 wherein the composition exhibits a Glycemic Index of less than about 45.
16. A composition according to Claim 7 comprising a member selected from the group consisting of apple juice, pear juice, agave, and mixtures thereof.
17. A composition according to Claim 1 comprising agave.

18. A kit comprising:
- a) a composition according to Claim 1; and
 - b) information that use of the composition provides one or more benefits selected from the group consisting of perceived energy, physiological energy, low glycemic benefits, and combinations thereof.
19. A kit comprising:
- a) a composition according to Claim 7; and
 - b) information that use of the composition provides one or more benefits selected from the group consisting of perceived energy, physiological energy, low glycemic benefits, and combinations thereof.
20. A method of enhancing the perceived energy of a mammal comprising orally administering a composition according to Claim 1 to the mammal.